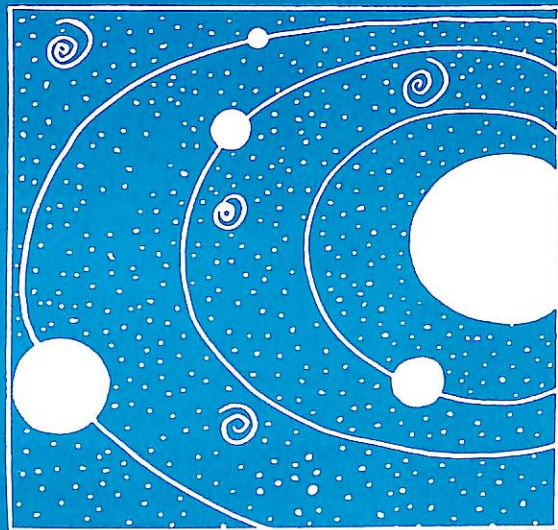
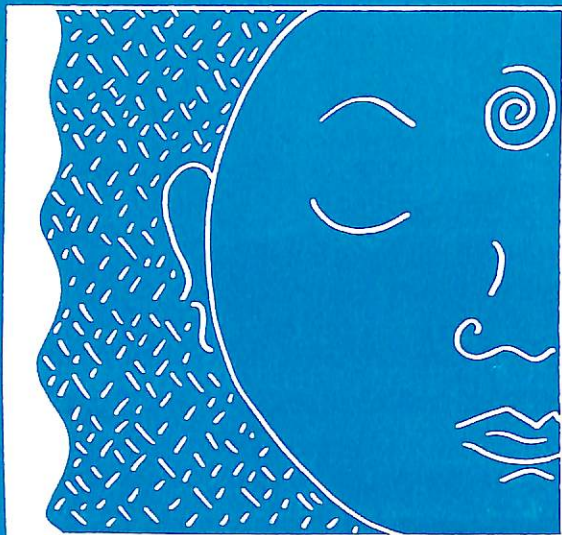




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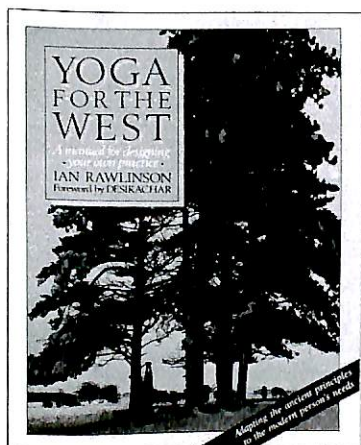
The Rudra Press Staff

Rudra Press is a division of the Nityananda Institute. Founded and directed by Swami Chetanananda, the Institute is a dynamic community of people who are committed to bringing their spiritual understanding into everyday living. For more information about hatha yoga and kundalini yoga meditation classes and retreats at our centers in Cambridge, MA, Santa Monica, CA, or Ann Arbor, MI, call or write:

The Nityananda Institute, P.O. Box 1973, Cambridge, MA 02238 (617) 497-6263.

Hatha Yoga in Motion
 Nityananda Institute
 Teaching Staff
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When a yoga class just won't fit into your schedule, or to supplement a weekly class, we have developed four 30-minute audio classes for your home practice. If you are a beginner or just feeling a little stiff today, use Level One for joint-loosening and a complete body stretch. Try Level Two for more demanding workouts that include the sun salutation and an excellent series of seated stretches. Smooth transitions from warmup to cooldown and a guided relaxation complete your classes. Two 30-minute classes per tape with foldout guide to the postures.

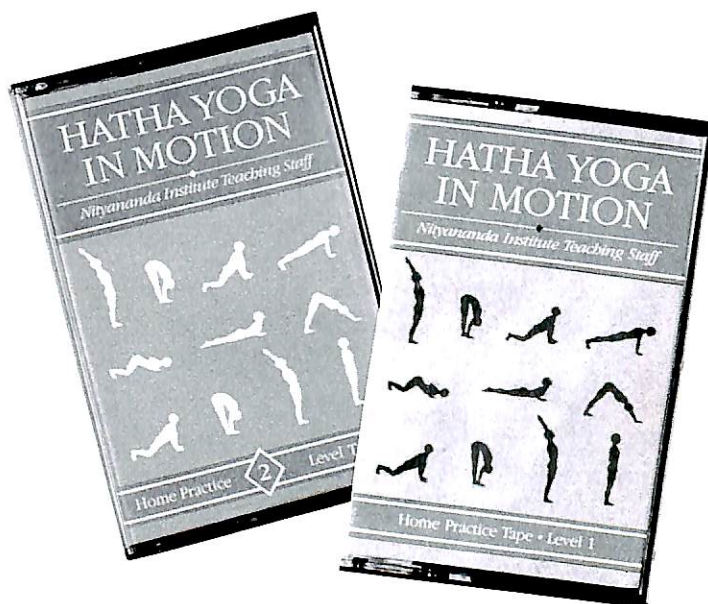


Yoga for the West:
 A manual for designing your own practice
 Ian Rawlinson
 paperback \$17.95

An excellent guide for continuing yoga students and teachers who are developing their skill in class planning. Topics include vinyasa (progression of asanas), breath, counter-pose, static and dynamic use of asanas, how to modify poses and develop your observation skills. "This is undoubtedly one of the finest books of instruction in the practice of Hatha Yoga."
 -*Health World*

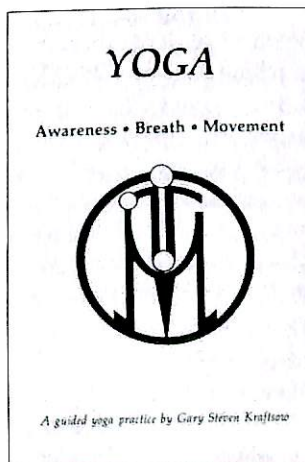
Of the many yoga tapes I've used, the Hatha Yoga in Motion tapes are the best. The balanced routines flow beautifully and I always finish feeling relaxed and revitalized.

- Carol Collette, Lexington, MA



Awareness, Breath, and Asana
 Gary Kraftsow
 2 audio tapes \$19.95

Two 60-minute classes that give you an opportunity to explore the vinyasa style of yoga practice which focuses on breath and posture flow. Yoga therapist Gary Kraftsow has prepared challenging and satisfying classes that will strengthen your practice and understanding of yoga. Tape two of the set includes preparatory asanas and a well-paced pranayama practice in ratio breathing.



Hatha Yoga

Healthy Back
 Larry Payne
 4-tape audio set \$39.95
 video \$39.95

If you want to begin yoga practice but are worried about your aching back, we suggest that you start right here. This beautifully produced and thorough program focuses on the essential exercises you need to relieve tension and achieve your goal of greater flexibility, strength, and freedom from pain. Includes effective lesson plans, guided relaxation techniques, instructional booklet, and wall chart. "... a tremendous resource for doctors, chiropractors, and physical therapists to provide to patients who want to maintain their spinal health."

-*Yoga Journal*



Make your hatha yoga practice special. Choose a practice space that is uncluttered and peaceful. Take your phone off the hook, take a deep breath, and relax. Let your movements flow smoothly, in harmony with your breath. Be aware of how your body feels; all movements should be steady and comfortable. Let your practice be a meditation.

Hatha Yoga in Motion 2

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Hatha Yoga

Lilias, the master yoga teacher, makes traditional yoga stretches, relaxation, and breathing techniques look easy and fun.

- *Medical SelfCare*

... a well-paced yoga workout that earns its exclamation mark. Do this routine daily, and you'll discover the real meaning of *health insurance*.

- *Video Choice*

Lilias is vibrantly beautiful, and her own best commercial for the discipline of yoga. The postures do wonderful things to ease tense shoulders, an aching neck, and a stiff lower back.

- *Chicago SunTimes*

Her energy is clear and heart-centered, and her enthusiasm for yoga is infectious Folan's work is a great service to the yoga community.

- *Yoga Journal*



Lilias! Alive with Yoga

Lilias Folan

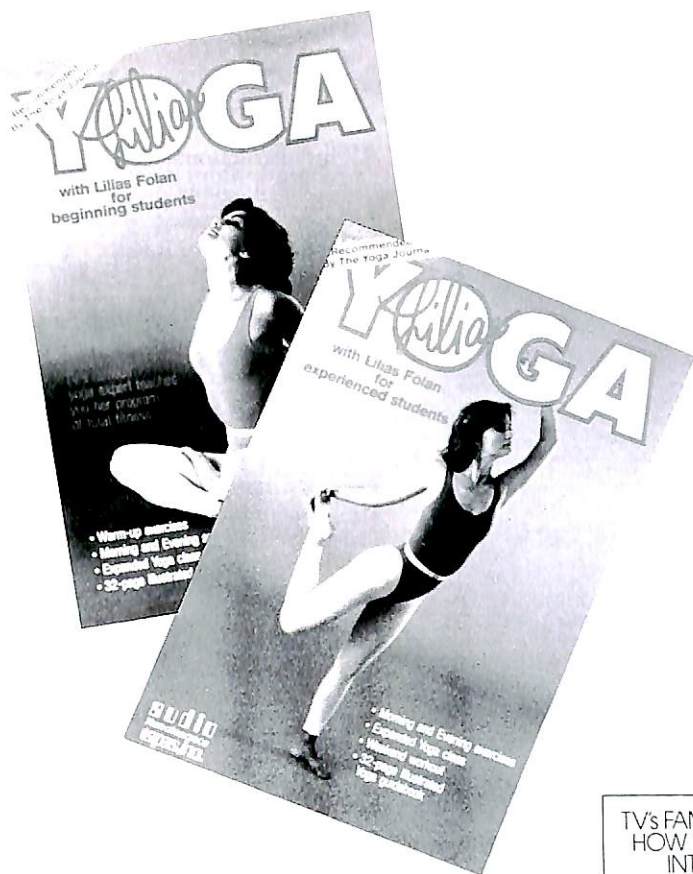
Vol. 1 - Beginners \$29.95

Vol. 2 - Intermediates \$29.95

2-tape set \$ 54.95

With 15 years of experience teaching yoga on PBS-TV, Lilias is your best choice for expertly guided yoga video workouts. Begin with Volume 1 and learn to stretch, strengthen, and relax safely. With Lilias' clear instructions you will master the fundamentals of yoga practice. Some poses include seated twists, forward bends, pelvic tilt, triangle, and sun salutation. A guided relaxation completes each class.

Volume 2 will challenge and encourage you to reach a new level of expertise. Lilias teaches you standing poses, dolphin, marichy twist, half-shoulder stand, dog/cobra series, camel, fish, and much more. A good opportunity to improve stamina and increase flexibility. Lilias' instructions in breath awareness and relaxation complete your experience. Each tape includes two 30-minute classes. 60 min., VHS or Beta.



Lilias, Yoga and Your Life
Lilias Folan
paperback \$14.95

Hundreds of hatha yoga exercises presented in specialized programs to meet your particular needs and lifestyle. A week-by-week progressive schedule and 150 instructive photographs with special instructions for office workers, performing artists and athletes, senior citizens, preschool children, and yoga during pregnancy.

Yoga With Lilias
Lilias Folan
for beginning students
audio tape \$9.95

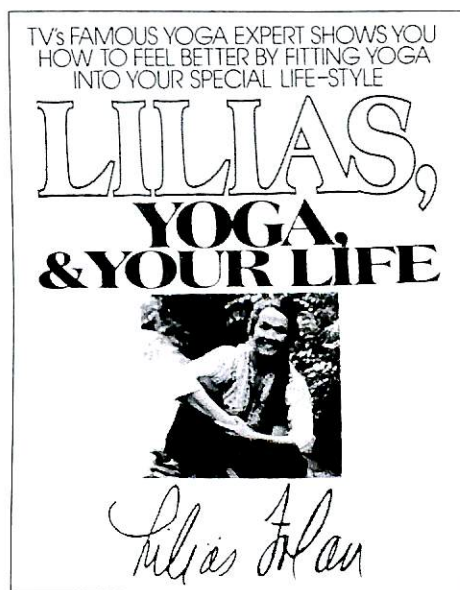
Lilias has created an excellent audio tape series designed to fit into your hectic schedule. The 60-minute tape for beginners includes two 15-minute lessons for morning and evening practice and a 30-minute yoga class. Some of the poses include cat pose with a twist, extended lateral pose, bridge, lunge, table balance, cobra, belly breathing, forward bends, and hamstring stretches.

Yoga with Lilias
Lilias Folan
for experienced students
2 audio tapes \$15.95

Experienced students can learn new poses and develop their skills with a two-hour yoga program that includes two short classes, a 30-minute workout, plus an hour-long Weekend Workout. Hamstring stretches, boat pose, plank, forward bends, tree balance, cobra, spinal twists, dog, bow, warrior, dolphin, and sun salutation are just some of the asanas included. With illustrated guide to the poses.

"The variety of work is stimulating and the short classes are a blessing for the busy person who has despaired of ever enjoying a daily practice."

- Rio H. Zerkle,
Encinitas, CA



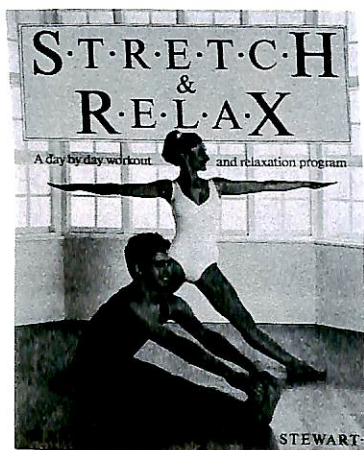
The best time to practice is early in the morning, late afternoon, or before bed. Exercising in the morning is not easy, but with practice you'll find that stretches and postures performed in the morning get the circulation going, improve stamina, energize you, and clear the mind. Evening practice removes the body fatigue and negative tensions of the day, leaving the body and mind refreshed.

*Lilias, Yoga, and
Your Life*

Rest, Relax & Sleep
Lilias Folan
audio tape \$11.95

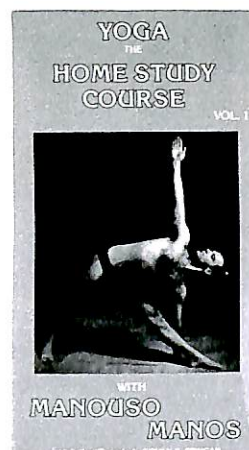
It's true! You can throw away your sleeping pills and learn to relax the natural way with Lilias' ten-week system of progressive relaxation, breathing, and "sleep stretches". This tape with an illustrated booklet gives you the tools you need to take a positive step to better health. You will soon find that you can relax when you need to, any time, any place.

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Stretch & Relax
Tobias and Stewart
paperback \$12.95

A day-by-day workout and relaxation program based on the yoga training of B.K.S. Iyengar. Requiring only 20 minutes per day, these beautifully illustrated and easy-to-follow sequences are designed to promote flexibility, stamina, and strength. Routines are tailored to suit different ages, body types, and levels of fitness.



The Standing Poses
Manouso Manos
video \$39.95

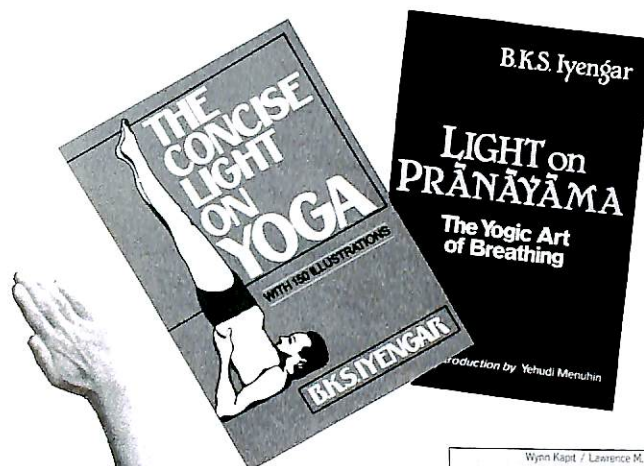
This instructional video includes 14 standing poses taught by Manouso Manos, a senior student of B.K.S. Iyengar. Manos teaches with clarity, precision, and grace, giving careful instruction for both beginners and advanced students. Excellent resource for yoga instructors. 52 min., VHS or Beta.

Yoga Asana Demonstration
B.K.S. Iyengar
video \$35.00

If you have ever wondered how you might feel after 50 years of yoga practice, watch this video! Filmed in front of a live audience, world renowned yoga master B.K.S. Iyengar demonstrates standing poses, forward bends, headstand, shoulderstand and backbends. This video "... captures Iyengar at his best, showing not only his mastery of yoga, but also his genius for teaching."
- *Yoga Journal*
73 min., VHS.

A Yoga Demonstration
Dona Holleman
video \$35.00

Dona Holleman presents advanced asanas with an introspective and powerfully concentrated approach. Sharing her philosophy of yoga, Dona tells us not to force our idea of an asana on the body; rather, we must allow the body to express its innate wisdom. While we may never achieve the physical mastery demonstrated here, it is very inspiring to experience the strong and quiet presence of this remarkable teacher. (Note: Do not attempt these asanas without the guidance of a teacher.)
60 min., VHS.



The Concise Light on Yoga
B.K.S. Iyengar
paperback \$8.95

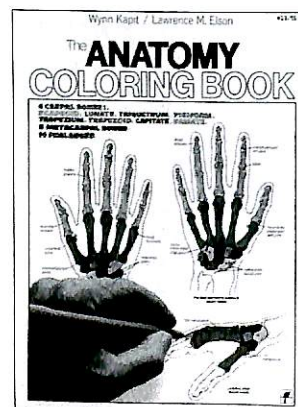
This classic guide to the theory and practice of hatha yoga is a useful reference book for every yoga student. Includes 150 photographs and clear descriptions of 57 asanas (postures) and pranayamas (breathing exercises). Also includes outlines for daily asana practice.

The Anatomy Coloring Book
Kapit and Elson
paperback \$13.95

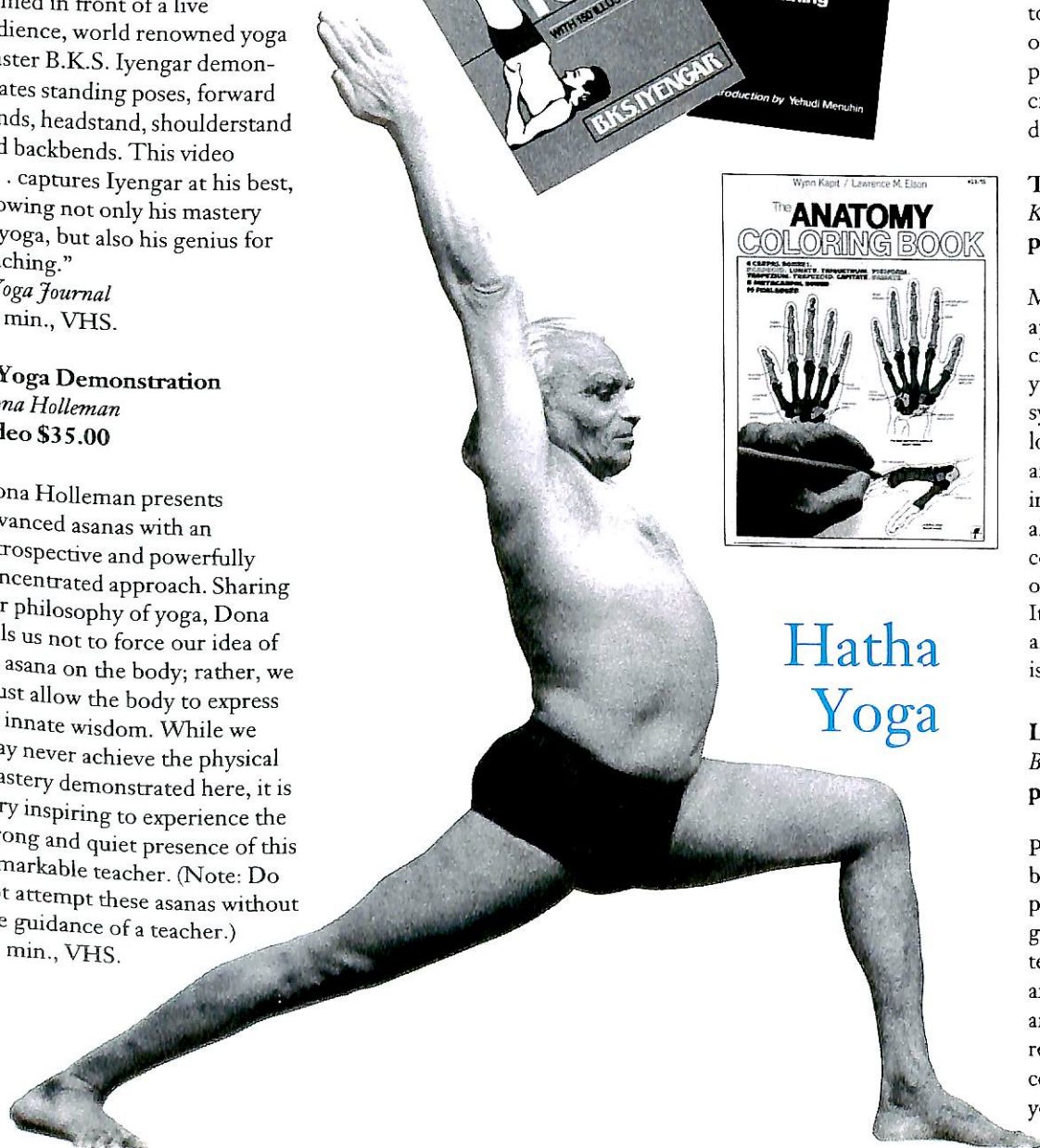
Magic happens when you approach anatomy armed with crayons! Your mind relaxes as you color your way through the systems of the body and before long, an understanding of basic anatomy will be yours. This ingenious learning process allows you to understand the concepts, structures, and systems of the body at your own pace. It will be a welcome reference and review source long after it is all colored in.

Light on Pranayama
B.K.S. Iyengar
paperback \$15.95

Pranayama (the science of breath) is the heart of yoga practice. This authoritative guide based on a lifetime of teaching explores the theory, art, and techniques of pranayama and introduces meditation and relaxation to yoga students. A comprehensive guide for serious yoga students.



Hatha Yoga



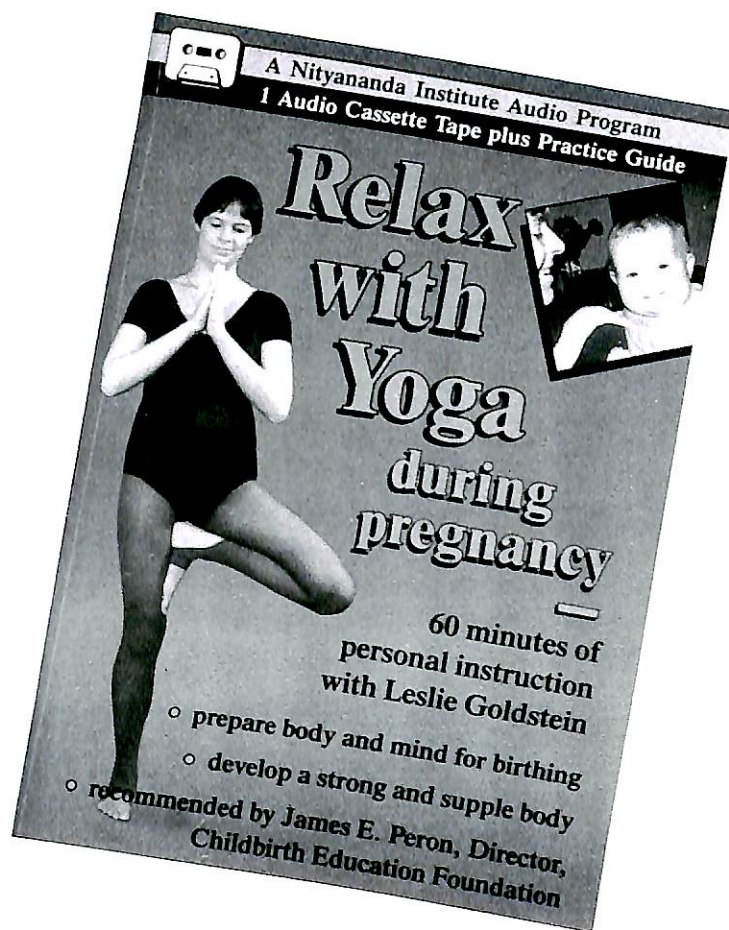
NEW!

Relax with Yoga During Pregnancy

Leslie Goldstein

audio tape with foldout guide
\$11.95

Developed by a yoga teacher during her own pregnancy, this audio tape teaches you the safe and effective way to exercise at home during this special time. With the focus on breath, you learn to listen to your body. Leslie guides you through a soothing workout including pelvic tilt, leg lifts, chest expander, butterfly, cat, triangle, and more. A guided deep relaxation completes your class. Each posture is carefully introduced, with cautions and special tips for pregnancy. An illustrated foldout guide introduces you to hatha yoga, the importance of breath, and how to build a daily practice just for you. Highly recommended by the Childbirth Education Foundation.

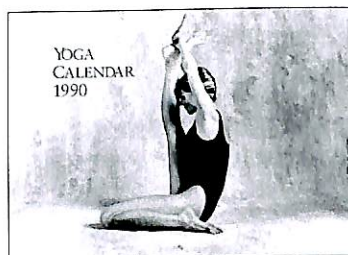


Pre & Post Natal Yoga

Jennie Arndt

video \$29.95

Doctor and midwife recommended, this instructional video will encourage and inspire you to take time out for yoga during your pregnancy. This program helps you to prepare for birthing and includes exercises for getting back in shape after your baby is born. With clear instructions demonstrated by women in different stages of pregnancy. 35 min., VHS



1990 Yoga Journal Calendar \$8.95

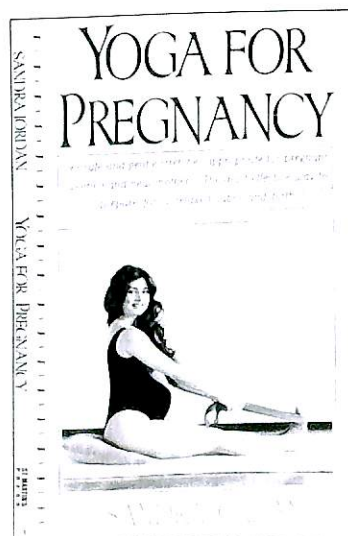
Every year *Yoga Journal* produces an elegant calendar featuring top Iyengar students demonstrating yoga asanas. The mood is graceful and quiet, and the mastery of the poses inspirational. A wonderful gift!

Yoga for Pregnancy

Sandra Jordan

paperback \$9.95

Featuring seven vibrant women at various stages of pregnancy, this supportive guide instructs you in 92 Iyengar-style poses. Sandra Jordan gives you the information and guidance you need to create a personal yoga program during each trimester of your pregnancy. Also includes post-partum exercises, and a recommended reading list.



Manual of Structural Kinesiology

Clem W. Thompson

paperback \$21.95

What are the major joints and muscles in your body and how do they move? Begin your education today with this concise introduction to the basics of structural kinesiology. Two-color drawings of the major joints and muscles highlight the clearly written text. Very helpful in learning not only the location and structure of muscles and bones, but also how they work together to create stability and movement in our bodies.



The next hour is your time to relax, stretch, and strengthen as you prepare for your baby. The exercises in this program were chosen specifically to aid you with your pregnancy and labor. They deal with the particular areas where strength and flexibility are needed, and if practiced conscientiously, will increase both your ability to relax on command and your attunement to your body.

*Relax with Yoga
During Pregnancy*

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Swami Chetanananda

For the past eighteen years, Swamiji's teachings have expressed a penetrating and subtle understanding of the essence of life and a practical, dynamic approach to applying this wisdom to everyday living. As an American master of kundalini yoga he brings the teachings of Kashmir Shaivism to life with clarity and a profound respect for each person's individual freedom and responsibility. Scheduled for Spring publication, his next book, *Dynamic Stillness*, explores the stages of spiritual growth. The Nityananda Institute, under the direction of Swamiji, offers spiritual students the opportunity to study hatha yoga and kundalini yoga meditation in a contemporary American form.

The Breath of God Swami Chetanananda paperback \$14.95

Refreshing and honest answers to your questions on spiritual growth, relationships, work, and service. An excellent guide to help you discover your creative potential and allow this discovery to powerfully transform your everyday life. "*The Breath of God*, like Swami Chetanananda is unique, full of character and humor, heart and understanding. I deeply resonate with the thoughts that he expresses. They help to quiet the mind and are wonderfully uplifting."
-Lilias Folan

Keys to Mastery Swami Chetanananda 3-tape audio set \$29.95

You *can* achieve mastery. During this two-day retreat given in May 1987, Swami Chetanananda outlines the five key steps to mastery - a dynamic process that totally transforms your inner and outer experience. Learn to tap the creative power within and express it in your life. Includes guided meditations.

With remarkable lucidity, Swami Chetanananda expounds the essence of Kashmir Shaivism's Siva Yoga in simple, modern American English . . . An uplifting work with true spiritual depth.

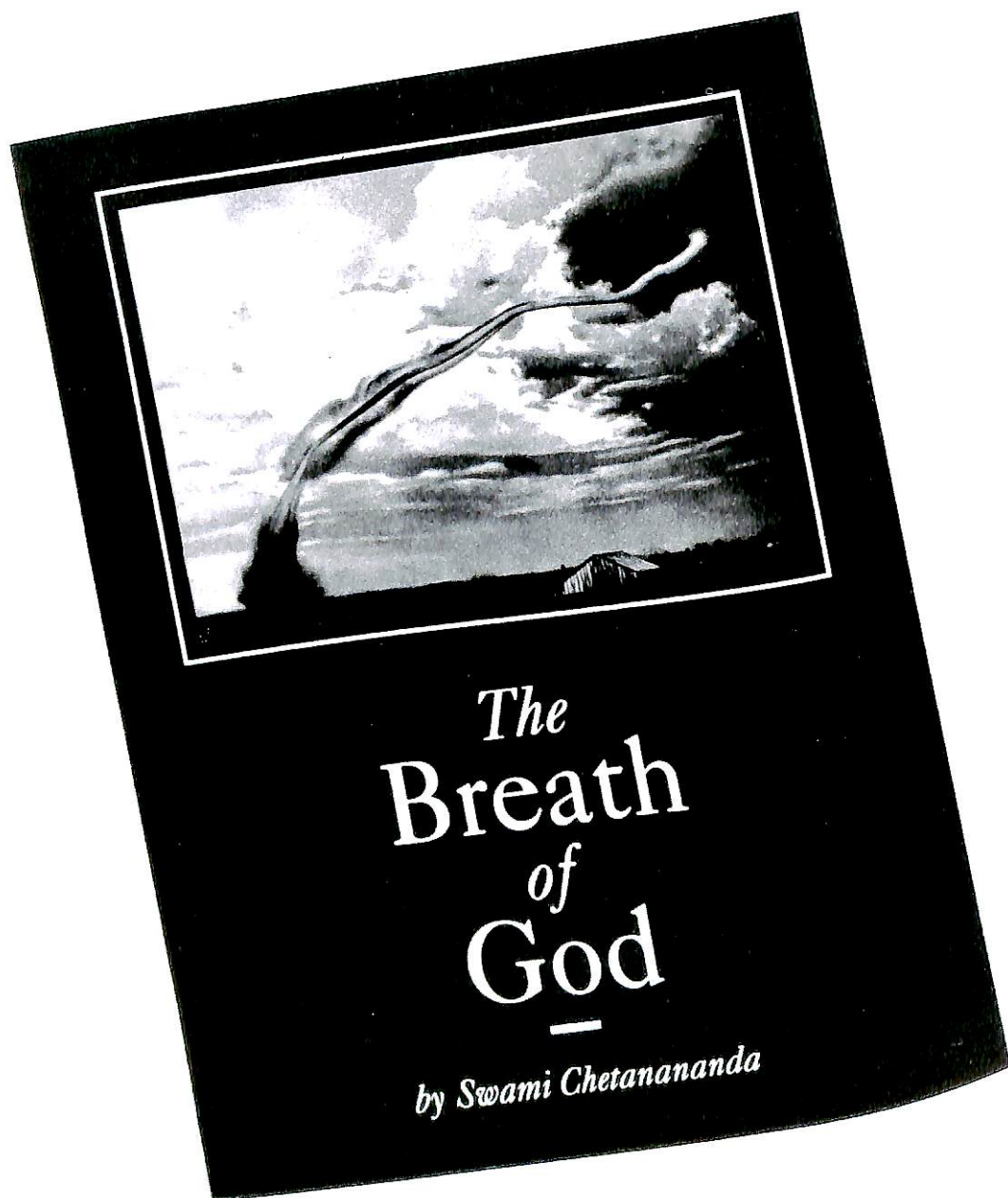
- *Hinduism Today*

. . . intensely direct and honest. Chetanananda's valuable teachings will help us negotiate our brief passage through this human form.

- *Small Press*

This book answers many of the questions that aspiring spiritual practitioners are likely to ask of themselves and their teachers.

- *Spectrum Review*



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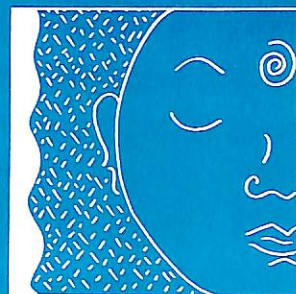
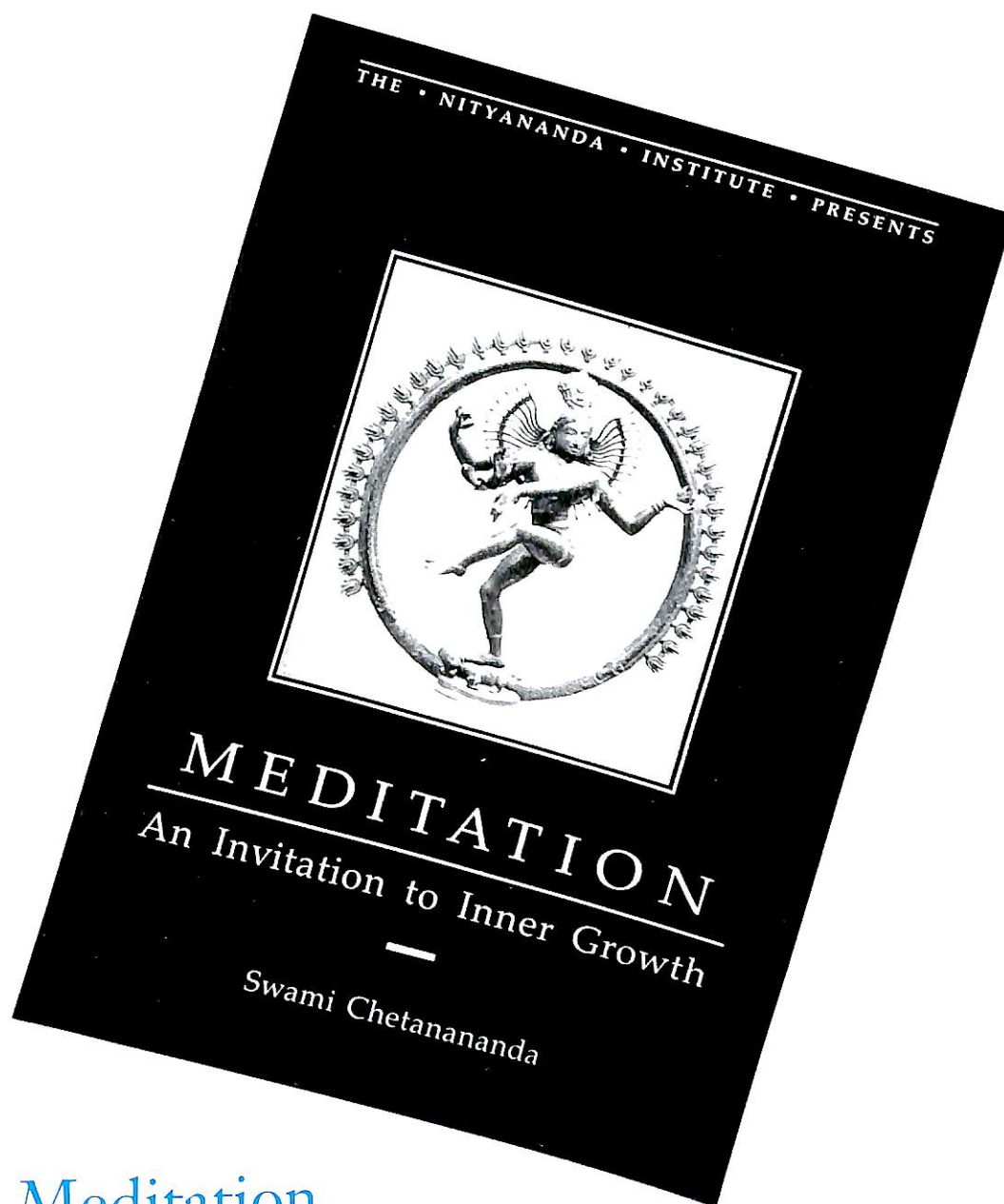
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In the practice of meditative techniques, you learn to relax, to be alert, to keep your attention inside, and to go beyond your tendencies to react with fear or resistance. That's what the practice is for. At the same time, to live a spiritual life is not simply a matter of meditating twice a day to become peaceful or composed . . .

The Breath of God

Meditation

Songs From the Center of the Well

Swami Chetanananda
paperback \$6.95

A wonderful collection of short inspirational verses that speak to the heart of living a conscious spiritual life.

It is a book to pick up again and again, to break open in a quiet moment, to take with you on a journey filled with uncertainty. To read it is to pause, take a new look at the world, and breathe a sigh of relief. We suggest a copy for you and another for a friend!

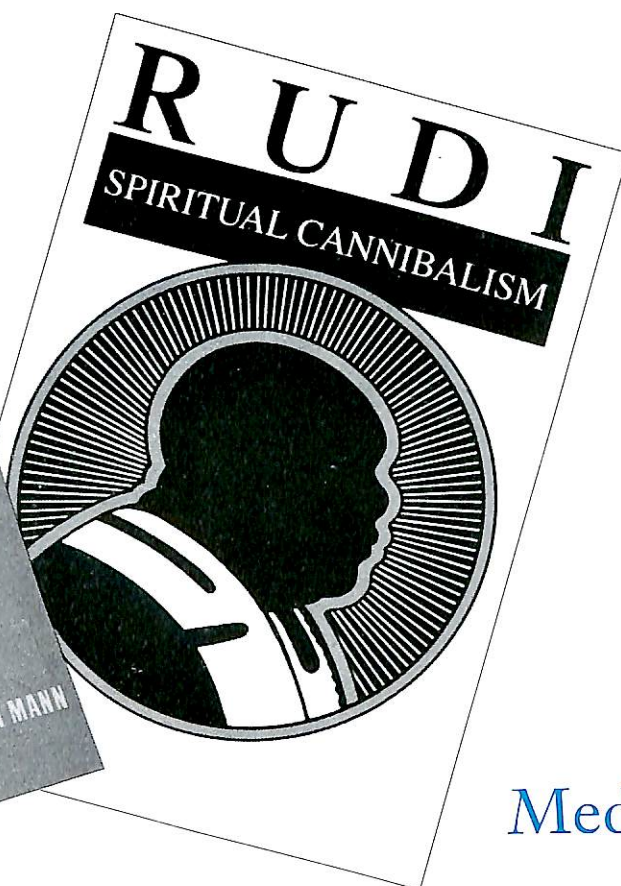
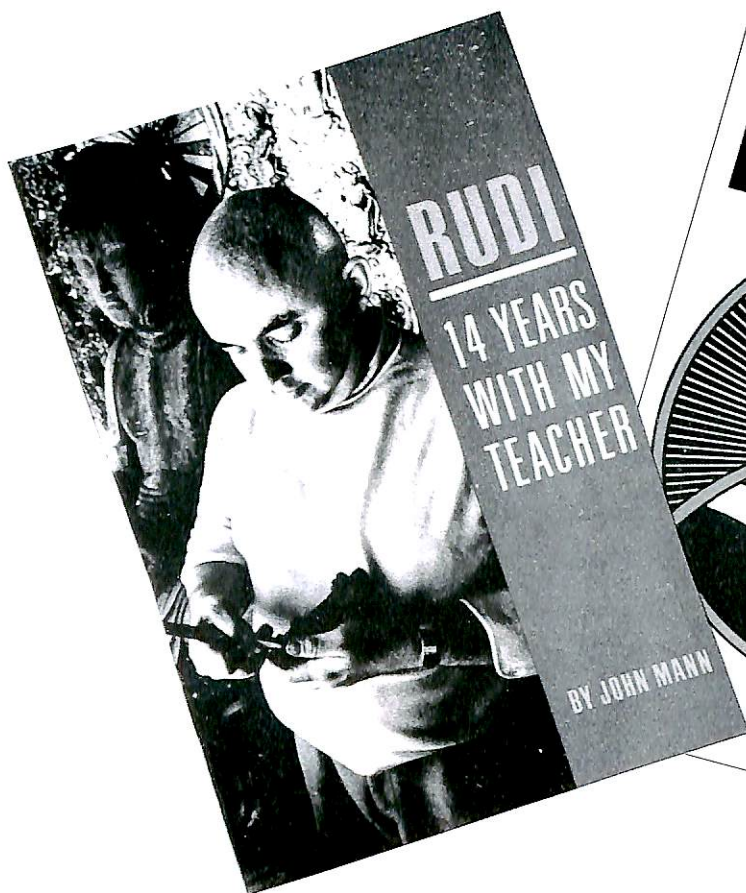


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Swami Chetanananda
audio tape with practice guide
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Learn to meditate with this exceptional audio program by Swami Chetanananda. Explore the subtle energy centers in the body called chakras and experience the flow of your vital creative energy. Includes 40-minute guided meditation, instructional talk, and practice guide. "A superior tape of instruction by one of the outstanding authorities in America on kundalini yoga meditation." -*The Bookreader*

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Meditation

Swami Rudrananda

One of the first Americans to be recognized as a Swami, Rudrananda (Rudi) approached spiritual work with total intensity and dedication. As a kundalini yoga teacher for twenty years, Rudi was able to transmit the extraordinary content of Eastern spirituality to Western students in a practical and contemporary form. As Rudi explains, "Unfortunately, to most people, enlightenment is like an old MGM production. They think it has to have all kinds of drama, stage settings, and a million other things. In reality, enlightenment is a great, great simplicity. It has to do with sitting inside of yourself and sensing the peace, quiet, and simplicity of a situation. And if you remain in this state, quietly, without drama, it becomes a fine flow -- a very rich and simple flow."

Spiritual Cannibalism
Rudi (Swami Rudrananda)
paperback \$11.95

Originally published in 1973 shortly before Rudi's death, *Spiritual Cannibalism* is an American spiritual classic. In his direct, no-nonsense style, Rudi cuts through the fantasies of spirituality and directs you to the reality of spiritual work. The wish to grow, hard work, and deep surrender are key elements on the road to spiritual knowledge. Rudi's words give you a practical understanding of this subtle and remarkable process.

Behind the Cosmic Curtain
edited by John Mann
paperback \$9.95

A fascinating close-up view of Rudi's extraordinary spiritual journey, this compilation of transcripts combines personal stories with spiritual guidance. Topics include: Spiritual Teaching, Growth and Transcendence, Creativity and Detachment, and Death and Rebirth.

Rudi: 14 Years With My Teacher
John Mann
paperback \$14.95

John Mann didn't realize it when he crossed the threshold of Rudi's Oriental Art store on New York's lower West Side, but he was about to meet a true spiritual master. That event was the beginning of the extraordinary relationship chronicled in this book. Through the eyes of one of Rudi's earliest students we catch potent glimpses of the wisdom, love, and intensity of this great American kundalini yoga master.

Rudi on Tape:
A Special Series

Now you can experience the warmth and depth of Rudi's teaching with these audio tapes recorded live in 1972 and 1973. Tapes include four dynamic talks given in New York City in the months before Rudi's sudden death in February, 1973.

Conscious Living
audio tape \$10.95

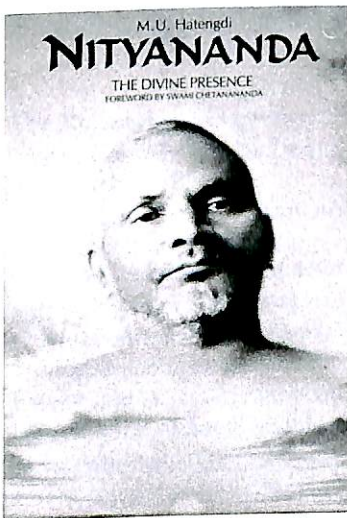
The Wish to Grow
audio tape \$10.95

2-tape set \$19.95



Nityananda

One of the most remarkable Indian saints of this century, Nityananda transformed the lives of thousands who came to see him. His life of simple austerity is stunning in its totality -- his disinterest in worldly matters extended even to food, shelter and clothing -- and yet, miracles would continuously occur around him ("everything that happens, happens by the will of God" was the only explanation Nityananda would give). With no dogma but love, no commandment but surrender, Nityananda gave freely of himself to all, asking nothing in return. The vitality of his presence knows no boundaries as his love and understanding continues to uplift us today.

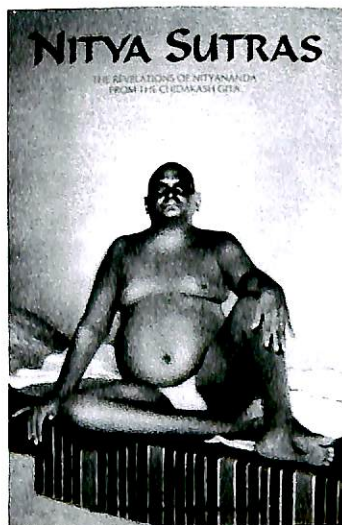


Nityananda:
The Divine Presence
M.U. Hatengdi
paperback \$10.95

Nityananda's presence was a pure expression of the highest love and consciousness. Throughout his life miracles abounded and lives were transformed. Fascinating eye-witness stories and rare photographs trace Nityananda's life from the turn of the century to his mahasamadhi in 1961. These vivid stories take you to the villages and jungles of India, compelling you to suspend your rational assumptions as you meet one who is totally absorbed in the Divine.

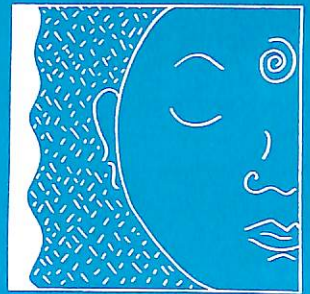
"The goal of Nityananda's teaching, and the single most important thing each person can do with his life, is to recognize the creative power within, and dissolve the mind into it. It is clear from these sutras that for Nityananda, this supreme, highest state is not the privilege of special birth nor the exclusive property of some special class of beings. It is available to everyone. The simple purity, the joy, and the extraordinary communion with the Divine that are the outstanding characteristics of Nityananda's life and presence are accessible to everyone: to me and to you."

Swami Chetanananda
Introduction, Nitya Sutras



Nitya Sutras:
The Revelations of
Nityananda from the
Chidakash Gita
M.U. Hatengdi and
Swami Chetanananda
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Nityananda's own words in an inspired translation of aphorisms recorded during the 1920s. In his terse, powerful style, Nityananda speaks of the inner awareness that is the goal of every spiritual student. His words pierce our confusion and encourage us to develop a pure mind and an intense desire for liberation. Informative introduction, commentaries, glossary and 20 rare photographs complete this remarkable volume.



Meditation is really for becoming aware of the essence of your own life, and then beginning to live from that essence whether you're walking, riding the subway, working in your job, or doing anything else. True, honest meditation is being aware of that essence at all times. Then you will have extended the essence of all the techniques into your whole life, and made your life itself an act of meditation.

The Breath of God

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Leni Reed

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How do you separate nutrition from nonsense? Based on the dietary recommendations of the American Heart Association, this fact-filled trip through a typical supermarket is bound to surprise you as it educates. Learn to read the fine print and reach for the healthy alternatives on your grocery shelves. 60 min., VHS.

The Body Victorious

Lennart Nilsson

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The hidden world of your immune system is revealed in vivid color photographs. See how the body fights bacteria, viruses, pollution, cancer, and pollen -- to name a few! Find out how the immune system develops and how it fights new environmental and chemical threats. With a clear, informative text, this book gives you the facts you need about your body's important and remarkable defense system.

Lick the Sugar Habit

Nancy Appleton

paperback \$7.95

Before you reach for your next piece of chocolate cake, read this book! Learn how sugar affects your body chemistry and immune system, often leading to a wide variety of chronic and acute illnesses. This informative book includes helpful food plans and recipes to help you take charge of your health.

The Pritikin Program for Diet and Exercise

Nathan Pritikin

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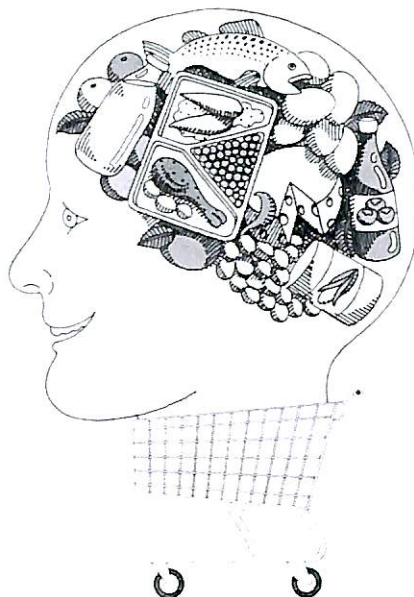
Originally developed for heart patients, this low-fat, high-fiber diet can help you feel better now, and avoid health problems later. Packed with case histories, nutritional information and helpful tips for meal planning and cooking methods.

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An aisle by aisle tour led by Leni Reed, M.P.H., R.D., L.D.

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Health & Nutrition



An Alternative Approach to Allergies

T.G. Randolph, M.D.

hardcover \$18.95

Written by one of the "fathers" of clinical ecology, this book presents startling case studies that chronicle the affects of food allergies, chemical sensitivities, and environmental contaminants on our physical and mental health. Many common symptoms such as headaches, digestive disorders, skin problems, anxiety, and hyperactivity in children can be traced to the foods we eat. Doctor Randolph's experience offers hope for people with chronic symptoms and includes the food rotation diet and a detailed chart of food families.

Food Allergies:

How To Tell If You Have Them, What To Do About Them If You Do

Orenstein and Bingham

paperback \$9.95

An organized and simplified approach to help you uncover hidden food allergies. Includes a diet program, cooking tips, recipes and menu ideas, as well as a chapter on allergies in children. "A fast, simple, easy-to-follow book for identifying and conquering the symptoms of food allergies. It has the potential to help many people!"

- *Doris J. Rapp, M.D.*

The Tao of Cooking

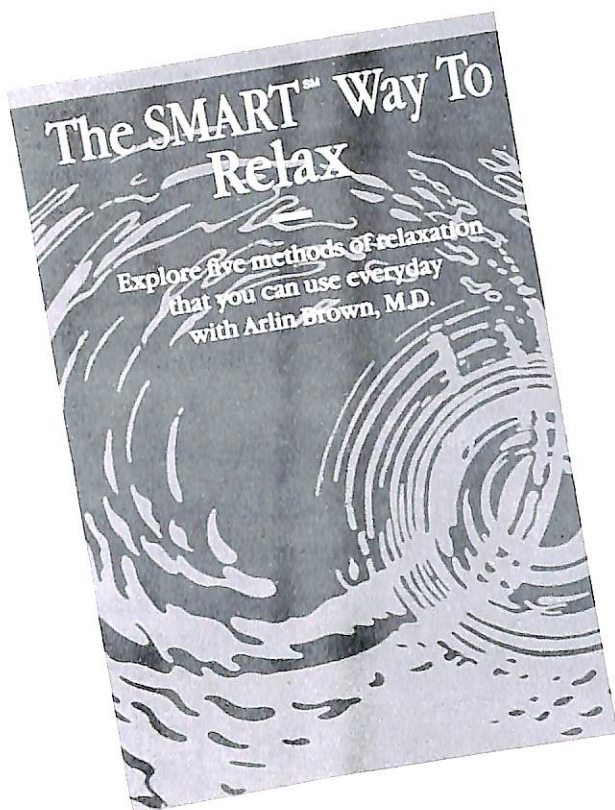
Sally Pasley

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Over 300 delicious, vegetarian recipes from cornmeal pancakes to Greek spinach pie. Hearty soups and breads, appetizers and entrees, sandwiches, salads, and more! "The author says that good food speaks for itself, and it certainly does in this attractive paperback which offers many savory and satisfying recipes."

- *Mimi Sheraton,*

The New York Times



The SMART Way to Relax
Arlin Brown, M.D.
 2-tape set \$15.95

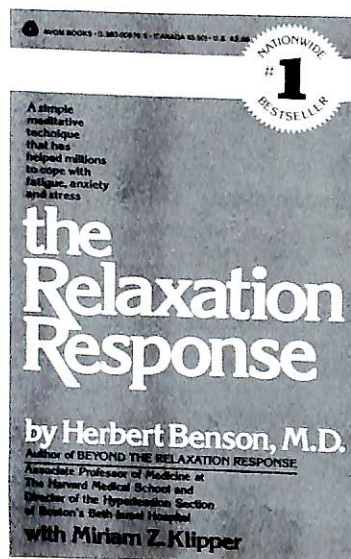
This instructional audio program may be the only relaxation tape you'll ever need. Learn the basics of relaxation theory, and experience five guided relaxation techniques that work by a doctor who uses them every day. Includes valuable tips on bringing your new relaxation skills into everyday life. Exercises include deep breathing technique, mindfulness, visualization, and progressive relaxation. "This is the kind of program I can easily recommend . . . an intelligent, simple approach to learning calmness as a way of being."
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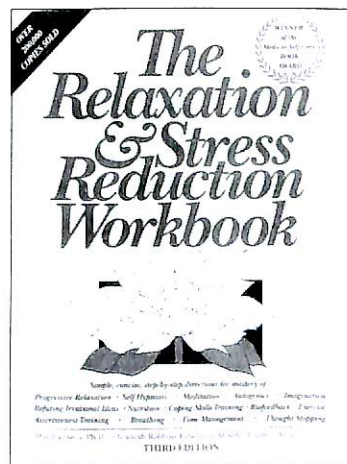
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Davis, Eshelman, McKay
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Minding the Body, Mending the Mind
Joan Borysenko
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The SMART Way to Relax

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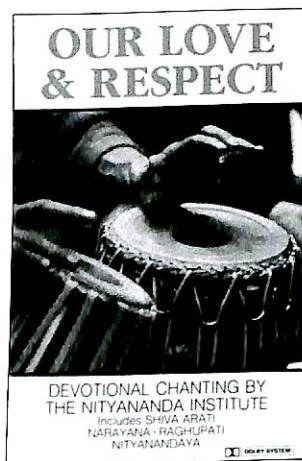
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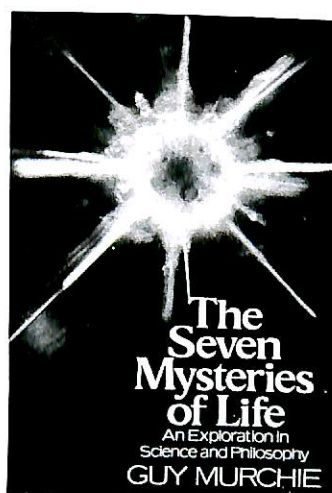
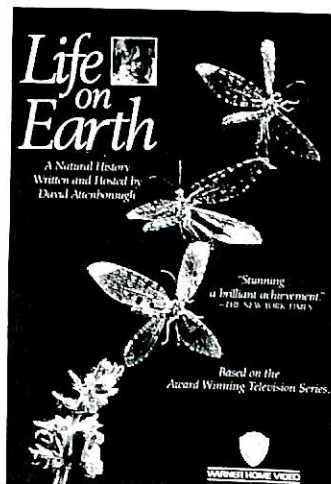
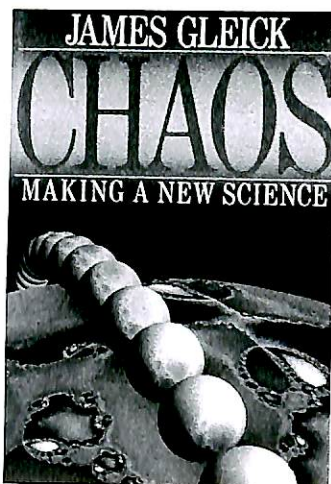
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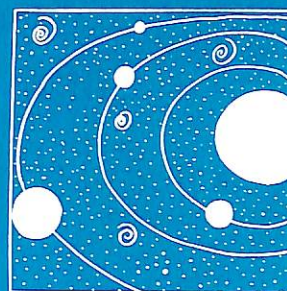
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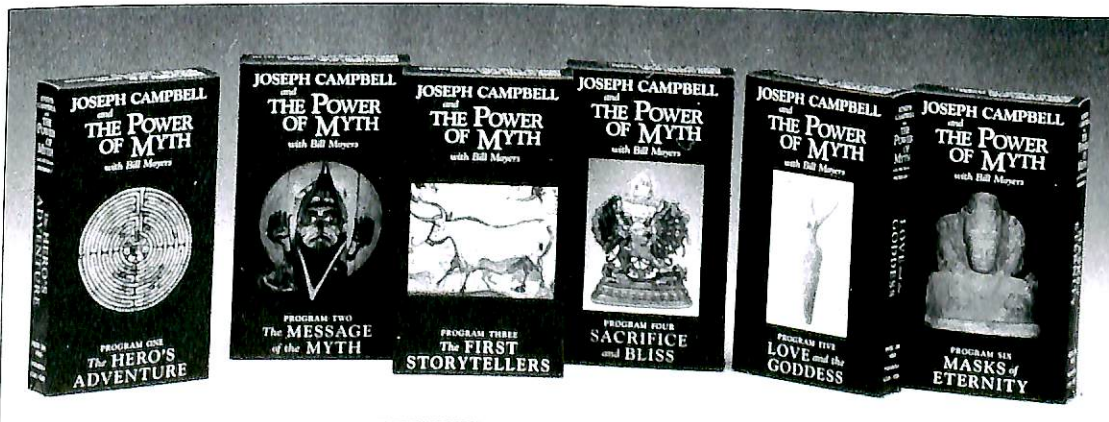
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